

# Did you get out of bed today?



**Staying active and upright is essential to your recovery.** If you are able to move from the bed and walk around your room, try these activities to stay mobile.



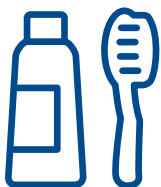
**Stand beside bed**



**Move to chair**



**Eat in chair**



**Stand while brushing teeth**

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